

**Arthritis Foundation  
All Florida Counties  
Programs Partner List**

**Florida Chapter, Program Office**  
**3816 W. Linebaugh Ave., #303, Tampa, FL 33618**  
**FOR MORE INFORMATION:**  
**813-968-7000 / 800-850-9455**  
**For a complete state list please visit**  
**[www.arthritis.org/florida](http://www.arthritis.org/florida)**

**Alachua County**

**Tai Chi for Arthritis Program**

**Gainesville Health & Fitness Center**

4820 Newberry Road

Gainesville, FL 32607

Phone to Register or Facility Information: 352-336-4510

Class Times: On-going

Class Fees: Free to members; Public - \$66 for 12 classes

**Tai Chi for Arthritis Program**

**Movement And Balance Center**

7135 NW 11th Place, Suite B-3

Gainesville, FL 32605

Phone to Register or Facility Information: 352-331-9356

Class Times: call for days and times

Class Fees: \$76.00 per 6 week session OPEN TO PUBLIC

**Aquatic Program**

**North Florida Retirement Village**

8000 NW 27th Blvd.

Gainesville, FL 32606

Phone to Register or Facility Information: 352-548-3585

Class Times: on-going; W 10:30am

Class Fees: free for members

outdoor heated pool; members only

**Exercise Program**

**North Florida Retirement Village**

8000 NW 27th Blvd.

Gainesville, FL 32606

Phone to Register or Facility Information: 352-548-3585

Class Times: 1/8/13 to 3/5/13; T 3:45pm

Class Fees: free for members; members only

**Aquatic Program**

**The Atrium**

2431 NW 41st Street

Gainesville, FL 32609

Phone to Register or Facility Information: 352-373-7782

Class Times: new class every 6 weeks; T/TH 1-2 pm

Class Fees: \$20 for 6 weeks

outdoor heated pool; OPEN TO PUBLIC

**Brevard County**

**Exercise Program**

**Garden Apartments - Aging Matters Brevard**

4000 N. Riverside Drive

Indian Harbour Beach, FL 32937

[www.agingmattersbrevard.org](http://www.agingmattersbrevard.org)

Phone to Register or Facility Information: 321-639-8770

Class Times: on-going; M 10:30am

Class Fees: free for members; members only

**Brevard County**

**Aquatic Program**

**Parrish Health & Fitness**

2210 Cheney Highway

Titusville, FL 32780

[www.parrishhealthandfitness.com](http://www.parrishhealthandfitness.com)

Phone to Register or Facility Information:

321-268-6200 x6

Class Times: on-going

M/T/TH/F - 10:45am ; M/W/F - 12; T/TH - 10AM

Class Fees: Center Members

indoor heated pool; members only

**Aquatic Program**

**Pro-Health & Fitness Center**

8705 N. Wickham Road

Viera, FL 32940

[www.healthfirstprohealth.com](http://www.healthfirstprohealth.com)

Phone to Register or Facility Information:

321-698-5816 or 321-698-9590

Class Times: On-Going

check Pro Health & Fitness Website for current listing

Class Fees: Free for member; \$5 for member guest; \$10

general public; indoor heated pool

**Aquatic Program**

**Pro-Health & Fitness Center**

225 Borman Drive

Merritt Island, FL 32953

[www.healthfirstprohealth.com](http://www.healthfirstprohealth.com)

Phone to Register or Facility Information:

321-698-5816 or 321-698-9590

Class Times: On-Going

check Pro Health & Fitness Website for current listing

Class Fees: Free for member; \$5 for member guest;

\$10 general public; indoor heated

**Walk with Ease**

**Fortify Your Frame**

1277 SW 55th Street #912

Cooper City, FL 33330

[www.fortifyyourframe.com](http://www.fortifyyourframe.com)

Phone to Register or Facility Information: 954-649-1737

Class Times: March 18-April 29 , 2012; T/TH 6pm

Class Fees: \$54.00 per series

OPEN TO PUBLIC

## **Brevard County**

### **Tai Chi for Arthritis Program**

#### **Infinite Health & Wellness Center**

2717 East Oakland park Boulevard, Suite 103  
Fort Lauderdale, FL 33306  
Phone to Register or Facility Information: 954-778-0362  
Class Times: On-Going; M 10AM  
Class Fees: \$15.00 per class; call for monthly rate  
OPEN TO PUBLIC

### **Aquatic Program**

#### **Northwest Medical Center**

5901 Colonial Drive  
Margate, FL 33063  
Phone to Register or Facility Information: 954-978-4180  
Class Times: on-going; M/T/W/Th/F 11:00 am  
Class Fees: \$50.00 per month  
indoor heated pool; OPEN TO PUBLIC

### **Aquatic Program**

#### **Plantation Aquatic Complex**

9151 NW 2nd Street  
Plantation, FL 33324  
Phone to Register or Facility Information: 954-452-2527  
Class Times: on-going; M/W/F 12noon  
Class Fees: varies with pass  
outdoor heated pool; OPEN TO PUBLIC

### **Tai Chi for Arthritis Program**

#### **Point Pleasant Wellness**

1732 NE 26th Street #202  
Fort Lauderdale, FL 33305  
www.dayspaofbroward.com  
Phone to Register or Facility Information: 954-778-0362  
Class Times: On-Going; T/H 10-11AM  
Class Fees: \$15.00 per class; call for monthly rate  
OPEN TO PUBLIC

## **Broward County**

### **Aquatic Program**

#### **Sheinberg Family YMCA of Weston**

20201 Saddle Club Road  
Weston, FL 33327  
www.ymcabroward.org  
Phone to Register or Facility Information: 954-424-9622  
Class Times: On-Going; M/W/F call for times  
Class Fees: Free for Y Members; outdoor heated pool  
OPEN TO PUBLIC

### **Exercise Program**

#### **Sunset Lakes Community Center**

2801 SW 186th Ave  
Miramar, FL 33029  
Phone to Register or Facility Information: 954-889-2701  
Class Times: 1/7/13 to 3/11/13; M 12:30pm  
Class Fees: free; OPEN TO PUBLIC

## **Charlotte County**

### **Aquatic Program**

#### **Charlotte County Family YMCA**

19333 Quesada Ave.  
Port Charlotte, FL 33948  
www.CharlotteCountyYMCA.org  
Phone to Register or Facility Information: 941-629-9622  
Class Times: On-going; M/W/F 11:15AM  
Class Fees: Free to Y Members  
indoor/outdoor heated pool; members only

### **Aquatic Program**

#### **Franz Ross Branch , Charlotte Country Family YMCA**

19333 Quesada Ave.  
Port Charlotte, FL 33948  
www.CharlotteCountyYMCA.org  
Phone to Register or Facility Information: 941-629-9622  
Class Times: On-going; M/W/F 11:15AM  
Class Fees: Free to Members; \$3 for non-members  
indoor heated pool; OPEN TO PUBLIC

## **Clay County**

### **Aquatic Program**

#### **Heartland @ Orange Park**

554 Kinglsey Ave.  
Orange Park, FL 32073  
Phone to Register or Facility Information: 904-264-0792  
Class Times: on-going; T/F 10:00am  
Class Fees: \$3 per class  
indoor heated pool; OPEN TO PUBLIC

## **Collier County**

### **Aquatic Program**

#### **Golden Gate Aquatic Facility**

3300 Santa Barbara Blvd  
Naples, FL 34116  
Phone to Register or Facility Information: 239-252-6128  
Class Times: on-going  
August thru April: T/F 1PM; May thru Sept: M/TH 9AM  
Class Fees: \$5.00 for 3 months  
outdoor heated pool; OPEN TO PUBLIC

### **Aquatic Program**

#### **River Park Aquatic Center - City of Naples**

451 11th Street North  
Naples, FL 34102  
www.naplesgov.com  
Phone to Register or Facility Information: 239-213-3040  
Class Times: On-Going; M/W 2pm  
Class Fees: \$2 per class or \$8 per month  
outdoor heated pool; OPEN TO PUBLIC

## Duval County

### **Aquatic Program**

#### **Heartland Rehabilitation**

6500 Ft Caroline Rd

Jacksonville, FL 32277

Phone to Register or Facility Information: 904-745-5599

Class Times: on going; M/W 6:00 pm

Class Fees: \$3.00 per class; \$36 per 6 weeks

indoor heated pool; OPEN TO PUBLIC

### **Aquatic Program**

#### **Heartland at Orange Park**

554 Kingsley Ave

Ornage Park, FL 32073

Phone to Register or Facility Information: 904-264-0792

Class Times: on going; T/Th 10am

Class Fees: \$3.00 per class

indoor heated pool; OPEN TO PUBLIC

### **Tai Chi for Arthritis Program**

#### **Tai Chi for Health Studio**

3830-1 Williamsburg Park Blvd.

Jacksonville, FL 32257

www.Taichijax.com

Phone to Register or Facility Information: 904-624-1244

Class Times: on-going; M 1pm; W 9:45am

Class Fees: \$10 per class; OPEN TO PUBLIC

### **Aquatic Program**

#### **University of North Florida - Aquatic Center**

1 UNF Drive

Jacksonville, FL 32224

www.unf.edu/recsports

Phone to Register or Facility Information: 904-620-2854

Class Times: On-going; M/W/F call for times

Class Fees: \$3.50 per class; \$25.00 per month

indoor heated pool; OPEN TO PUBLIC

## Escambia County

### **Exercise Program**

#### **Corry Field Naval Station, Wellness Center**

Corry Station Bldg

Pensacola, FL 32505

Class Times: on-going; W/TH 8am

Class Fees: free for members

members only

## Highland County

### **Aquatic Program**

#### **Therapy Center of Sebring**

6325 US Hwy 27 North, Suite 101

Sebring, FL 33870

Phone to Register or Facility Information:

863-699-5440 - Lou & Bev Wills (volunteer instructors)

Class Times: every six weeks;

T/TH 11:30am; T/TH 3:30pm

Class Fees: \$12 per 6 week session

indoor heated pool; OPEN TO PUBLIC

## Hillsborough County

### **Aquatic Program**

#### **Calypso Divers, Inc.**

401 East Bearss Ave

Tampa, FL 33613

www.calpsodiversinc.com

Phone to Register or Facility Information: 813-969-3483

Class Times: On-going; M/F 10:45AM

Class Fees: \$6.00 per class; \$30 per month

indoor heated pool; OPEN TO PUBLIC

### **Aquatic Program**

#### **Grand Court Tampa**

4902 Bayshore Blvd

Tampa, FL 33611

Phone to Register or Facility Information: 813-835-4475

Class Times: April thru Oct; TH 1pm

Class Fees: FREE; outdoor heated pool; OPEN TO PUBLIC

## Jackson County

### **Aquatic Program**

#### **Marianna Fitness Center**

4966 E. Highway 90

Marianna, FL 32446

Phone to Register or Facility Information: 850-526-2466

Class Times: On-going

T/TH 7:30am-8:30am; T/Th 8:45am-9:45am; T/Th 10am-

11am; T/Th 6:30pm-7:30pm; Sat 8am-9am; Sat 9:15-

10:15am

Class Fees: \$6.98 +tax per class; \$38.00 +tax per month;

indoor heated pool ;OPEN TO PUBLIC

## Lee County

### **Aquatic Program**

#### **City of Bonita Springs Communtiy Pool**

26890 Pine Avenue

Bonita Springs, FL 34135

www.bonitaspringsrecreation.org

Phone to Register or Facility Information: 239-947-1948

Class Times: On-going; T/F 1:30pm

Class Fees: free; outdoor heated pool; OPEN TO PUBLIC

### **Tai Chi for Arthritis Program**

#### **Fitness on the Move Lifestyle Center**

13010 Metro Parkway

Ft Myers, FL 33966

www.fitonmove.com

Phone to Register or Facility Information:

239-561-1177 x 225

Class Times: on-going; W 10:45am

Class Fees: \$12 per class;

\$60 for 6 weeks (one class per week)

## **Lee County**

### **Aquatic Program**

#### **Golfview Pool - City of Ft Myers**

1865 Golfview Ave  
Ft Myers, FL 33901  
Phone to Register or Facility Information: 239-931-7026  
Class Times: On-going; M/W 9AM & 10:30am  
Class Fees: \$5.00 for 7 months  
outdoor heated pool; OPEN TO PUBLIC

### **Tai Chi for Arthritis Program**

#### **Lee Center for Rehabilitation & Wellness**

2070 Carrell Road  
Fort Myers, FL 33901  
www.leememorial.org  
Phone to Register or Facility Information: 239-418-2000  
Class Times: On-going; T 1:30 PM  
Class Fees: \$4.00 per class OPEN TO PUBLIC

### **Aquatic Program**

#### **Lehigh Acres Community Pool**

1400 5th Street W.  
Lehigh Acres, FL 33936  
www.lee.parks.org  
Phone to Register or Facility Information: 239-369-8277  
Class Times: T/F 1:15PM; Fall and Spring call for dates  
Class Fees: free OPEN TO PUBLIC

### **Aquatic Program**

#### **North Fort Myers Community Pool**

5170 Orange Grove Blvd  
North Fort Myers, FL 33905  
www.leeparks.org  
Phone to Register or Facility Information: 239-652-4520  
Class Times: On-going; T/F 11:30AM  
Class Fees: FREE; outdoor heated pool; OPEN TO PUBLIC

### **Aquatic Program**

#### **Pine Island Community Pool**

5775 Sesame Drive  
Bokeelia, FL 33922  
www.leegov.com  
Phone to Register or Facility Information: 239-283-2220  
Class Times: on-going; T/F 1:30PM  
Class Fees: FREE; outdoor heated pool; OPEN TO PUBLIC

### **Aquatic Program**

#### **San Carlos Community Pool**

8208 Sanibel Blvd  
Ft Myers, FL 33967  
www.leeparks.org  
Phone to Register or Facility Information: 239-267-6002  
Class Times: On-going  
June to August T/F 11am; Sept to May T/F 1:15pm  
Class Fees: Free; outdoor heated pool; OPEN TO PUBLIC

### **Aquatic Program**

#### **Sanibel Recreation Center**

3880 Sanibel-Captiva Road  
Sanibel, FL 33957  
www.mysanibel.com  
Phone to Register or Facility Information: 239-472-0345  
Class Times: on-going; T/TH 12noon  
Class Fees: Free with Facility Pass  
outdoor heated pool; OPEN TO PUBLIC

## **Manatee County**

### **Aquatic Program**

#### **Health Park East Aqua Center**

6020 53rd Ave East/ State Rd 70  
Bradenton, FL 34203  
www.healthparkeast.net  
Phone to Register or Facility Information: 941-761-9816  
Class Times: on-going; M/W/F 8am; 1pm; 2pm  
Class Fees: \$75.00 per month unlimited; \$55 per month  
indoor heated pool; OPEN TO PUBLIC

## **Marion County**

### **Aquatic Program**

#### **On Top of the World Communities, Inc.**

8447 SW 99th Street Road  
Ocala, FL 34481  
www.ontopoftheworldinfo.com  
Phone to Register or Facility Information:  
352-854-5198 ext 13  
Class Times: October thr May; T/TH 10am  
Class Fees: residents only

### **Marion County**

### **Exercise Program**

#### **On Top of the World Communities, Inc.**

8447 SW 99th Street Road  
Ocala, FL 34481  
www.ontopoftheworldinfo.com  
Phone to Register or Facility Information:  
352-854-5198 ext 13  
Class Times: May thru October; T/TH 10am  
Class Fees: FREE for residents; outdoor heated pool;  
residents only

## **Miami-Dade County**

### **Aquatic Program**

#### **A.D. Barnes Pool - Miami-Dade Parks & Recreation**

3701 SW 72th Avenue  
Miami, FL 33155  
Phone to Register or Facility Information: 305-226-1622  
Class Times: seasonal; Tue & Thurs 11:00AM - 12:00 PM  
Class Fees: outdoor heated pool; OPEN TO PUBLIC

## Miami-Dade County

### **Aquatic Program**

#### **Bucky Dent Pool**

2250 W. 50th Street

Hialeah, FL 33013

[www.hialeahfl.gov](http://www.hialeahfl.gov)

Phone to Register or Facility Information: 305-818-2990

Class Times: seasonal; M/T/W/TH/F 10:00AM

Class Fees: \$1.00 per class;

outdoor heated pool; OPEN TO PUBLIC

### **Exercise Program**

#### **Milander Aquatic Center**

4840 Palm Avenue

Hialeah, FL 33013

Phone to Register or Facility Information: 305-822-2931

Class Times: on-going; M/T/W/TH/F 10:00AM

Class Fees: \$1 per class

outdoor heated pool; OPEN TO PUBLIC

### **Aquatic Program**

#### **Milander Aquatic Center**

4840 Palm Avenue

Hialeah, FL 33013

Phone to Register or Facility Information: 305-822-2931

Class Times: on-going; M/T/W/TH/F 10:00AM

Class Fees: \$1 per class

outdoor heated pool; OPEN TO PUBLIC

### **Aquatic Program**

#### **Tamiami Pool - Miami Dade Parks & Recreation**

11201 SW 24th Street

Miami, FL 33165

Phone to Register or Facility Information: 305-222-2128

Class Times: On-going

Class Fees: call for fees schedule

outdoor heated pool; OPEN TO PUBLIC

## Orange County

### **Exercise Program**

#### **Ison Senior Center**

1701 Adair Street

Ocoee, FL 34761

[westorangeseniors.yolasite.com](http://westorangeseniors.yolasite.com)

Phone to Register or Facility Information: 407-905-3100

Class Times: on-going; W/F 8am

Class Fees: Free for Center Members; open to seniors

### **Exercise Program**

#### **L Claudia Allen Senior Center**

1840 Maable Butler

Orlando, FL 32805

Phone to Register or Facility Information: 704-718-9066

Class Times: 7/2/12 to 8/24/12; M/TH 9:30am

Class Fees: free; OPEN TO PUBLIC

## Orange County

### **Exercise Program**

#### **Marks Street Senior Rec Complex**

99 E. Marks Street

Orlando, FL 32803

Phone to Register or Facility Information: 407-254-1066

Class Times: M/W 11:00am

11/4/13 to 12/11/13 call for additional dates

Class Fees: Free; OPEN TO PUBLIC

### **Exercise Program**

#### **North Community Center**

3933 WD Judge Drive

Orlando, FL 32808

Phone to Register or Facility Information: 407-718-9066

Class Times: on-going; W/F 9:30am

Class Fees: free; OPEN TO PUBLIC

### **Exercise Program**

#### **Orlando Magic Goldenrod Rec Center**

4863 N. Goldenrod Road

Winter Park, FL 32792

[Orlandomagicocflgyms.net/goldenrod](http://Orlandomagicocflgyms.net/goldenrod)

Phone to Register or Facility Information: 407-254-9025

Class Times: T/TH 10:00am

10/28/13 to 12/12/13 call for additional dates

Class Fees: \$2 per class/\$24 per series; OPEN TO PUBLIC

### **Exercise Program**

#### **Renaissance Senior Center**

3800 S. Econlockhatchee Trail

Orlando, FL 32829

Phone to Register or Facility Information: 407-254-9070

Class Times: T/TH/S; 9:00am

11/4/13 to 12/30/13 call for additional dates

Class Fees: FREE; OPEN TO PUBLIC

### **Exercise Program**

#### **Silver Star Center**

2801 N. Apopka Vineland Road

Orlando, FL 32818

Phone to Register or Facility Information: 407-254-9250

Class Times: T/TH 9:30am

1/7/14 to 2/12/14 call for additional dates

Class Fees: Free; OPEN TO PUBLIC

## Palm Beach County

### **Tai Chi for Arthritis Program**

#### **Arthritis Foundation - MidEast Regional Office**

400 Hibiscus Street

West Palm Beach, FL 33401

Phone to Register or Facility Information: 561-833-1133

Class Times: new class every 5 weeks;

T/Th 10 am 7 11am

Class Fees: \$66.00 per 5 week series; OPEN TO PUBLIC

## Palm Beach County

### **Exercise Program**

#### **Boca West Country Club**

20371 Country Club Blvd

Boca Raton, FL 33434

Phone to Register or Facility Information: 561-441-4444

Class Times: on-going; M/W

Class Fees: free for members; members only

### **Aquatic Program**

#### **Boca West Country Club**

20371 Country Club Blvd

Boca Raton, FL 33434

Phone to Register or Facility Information: 561-441-4444

Class Times: on-going; M/W

Class Fees: free for members;

Outdoor heated pool; members only

### **Aquatic Program**

#### **Palms West Rehab & Aquatic Center**

12977 Southern Blvd, Bldg 5 Suite 101

Loxahatchee, FL 33470

Phone to Register or Facility Information: 561-792-8067

Class Times: Oct 7-31, 2013 & Nov 18-Dec 16, 2013

M/W 8AM; call for additional times

Class Fees: \$10 per class or \$60 per series

Indoor heated pool; OPEN TO PUBLIC

## Pinellas County

### **Aquatic Program**

#### **City of Largo at Imperial Palms Apt, East Club House**

101 Imperial Palms Drive

Largo, FL 33771

www.largopools.com

Phone to Register or Facility Information: 727-518-3016;

727-518-3131

Class Times: may thu oct; T/TH 1:30pm

Class Fees: \$20/\$25 per month

outdoor heated pool; OPEN TO PUBLIC

### **Exercise Program**

#### **City of Pinellas - Senior Fitness Annex**

7625 59th Street North

Pinellas Park, FL 33781

pinellas-park.com

Phone to Register or Facility Information: 727-541-0776

Class Times: 1/29/13 thru 4/30/13; T 9:30am

Class Fees: \$2.50 per class; OPEN TO PUBLIC

### **Aquatic Program**

#### **Highland Family Aquatic Center - City of Largo**

400 Highland Avenue

Largo, FL 33770

www.largopools.com

Phone to Register or Facility Information: 727-518-3018

Class Times: On-Going; T/TH 9:30

Class Fees: \$4 (resident with membership) \$5 (non-resident with membership) \$8 (no membership) per class; 20 visit punch available -\$48 resident \$60 non-resident

outdoor heated pool; OPEN TO PUBLIC

## Pinellas County

### **Exercise Program**

#### **Largo Community Center**

400 Alt. Keene Road

Largo, FL 33771

www.largocommunitycenter.com

Phone to Register or Facility Information: 727-518-3131

Class Times: on-going; F 10am

Class Fees: free with Rec card; OPEN TO PUBLIC

### **Aquatic Program**

#### **Long Center**

1501 N Belcher Rd

Clearwater, FL 33765

myclearwater.com/gov/depts/parksrec

Phone to Register or Facility Information: 727-793-2320

Class Times: On-Going; M/W/F 10AM

Class Fees: \$3.00 per class for Clearwater Residents,

\$3.75 per class for Non-Clearwater Residents

### **Exercise Program**

#### **Southwest Recreation Complex**

13120 Vonn Road

Largo, FL 33774

www.southwestreccenter.com

Phone to Register or Facility Information: 727-518-3125

Class Times: M/W 10AM

Class Fees: \$3.00 per class OPEN TO PUBLIC

### **Exercise Program**

#### **Enoch Davis Center**

111 18<sup>th</sup> Ave South

St. Petersburg, FL 33705

Phone to Register or Facility Information: 727-893-7134

Class Times: on-going; T/H 11:30am

Class Fees: open to current City of St Petersburg-

Advantage Card holders

### **Exercise Program**

#### **Sunshine Center**

330 5<sup>th</sup> Street N.

St. Petersburg, FL 33701

Phone to Register or Facility Information: 727-893-7622

Class Times: on-going; M/W 9:30am

Class Fees: FREE; OPEN TO PUBLIC

## Polk County

### **Tai Chi for Arthritis Program**

#### **Water's Edge of Lake Wales**

10 Grove Ave West

Lake Wales, FL 33853

Phone to Register or Facility Information: 863-678-6812

Class Times: on-going; M 3:30pm

OPEN TO PUBLIC

### **Exercise Program**

#### **Water's Edge of Lake Wales**

10 Grove Ave West

Lake Wales, FL 33853

Phone to Register or Facility Information: 863-678-6812

Class Times: on-going; W/F 9:30am

OPEN TO PUBLIC

## **Sarasota County**

### **Exercise Program**

#### **Englewood United Methodist Church**

700 E. Dearborn Street, Fellowship Hall #2

Englewood, FL 34223

Phone to Register or Facility Information:

941-474-5588- x 261

Class Times: 10/29/13 to 12/12/13; T/TH 9:00am

Call for additional times

Class Fees: \$3 per class OPEN TO PUBLIC

### **Aquatic Program**

#### **Evalyn Sadlier Jones Family YMCA**

8301 Potter Park Ave.

Sarasota, FL 34238

[www.thesarasotay.org](http://www.thesarasotay.org)

Phone to Register or Facility Information: 941-922-9622

Class Times: on-going; T/TH 11 am

Class Fees: free for members

indoor heated pool; Y Members only

### **Aquatic Program**

#### **HealthFit, Powered by Sarasota Memorial**

5880 Rand Boulevard

Sarasota, FL 34238-5118

[www.smhfit.com](http://www.smhfit.com)

Phone to Register or Facility Information: 941-917-7000

Class Times: on-going; M/TH 10 am

Class Fees: call for fees

indoor heated pool; OPEN TO PUBLIC

### **Aquatic Program**

#### **Heritage Oaks Country Club**

4800 Chase Oaks Drive

Sarasota, FL 34241

[www.heritageoaksgcc.com](http://www.heritageoaksgcc.com)

Phone to Register or Facility Information: 941-587-7876

Class Times: on-going; M/W/F

Class Fees: free for members

outdoor heated pool; members only

### **Exercise Program**

#### **Heritage Oaks Country Club**

4800 Chase Oaks Drive

Sarasota, FL 34241

[www.heritageoaksgcc.com](http://www.heritageoaksgcc.com)

Phone to Register or Facility Information: 941-587-7876

Class Times: on-going; M/W/F

Class Fees: free for members; members only

## **Seminole County**

### **Exercise Program**

#### **Casselberry Recreation Center**

North Triplet Lake Drive

Casselberry, FL 32707

Phone to Register or Facility Information:

407-718-9066 Movement for Life

Class Times: on-going; M/W 11am

Class Fees: free; Sr Program OPEN TO PUBLIC

### **Exercise Program**

#### **Meals on Wheels at Longwood Elementary School**

840 Orange Ave

Longwood, FL 32750

Phone to Register or Facility Information: 407-718-9066

Class Times: on-going; T/TH 10:15am

Class Fees: free; OPEN TO PUBLIC

## **Seminole County**

### **Aquatic Program**

#### **Westmonte Park Therapeutic Pool**

624 Bills Lane

Altamonte Springs, FL 32714

[www.altamontesports.org](http://www.altamontesports.org)

Phone to Register or Facility Information: 407-571-8735

Class Times:

M/T/TH/F 8AM, 9AM, 12PM, 2PM, 3PM, 6PM

Class Fees: Free for city residents;

Non-residents paid annual fee; OPEN TO PUBLIC

### **Aquatic Program**

#### **Winter Springs Therapy Pool**

400 N. Edgemon Ave.

Winter Springs, FL 32708

[www.winterspringsfl.org](http://www.winterspringsfl.org)

Phone to Register or Facility Information: 407-327-6577

Class Times: On-going; T/TH 10am

Class Fees: free for members

indoor heated pool ; members only

## **St John's County**

### **Aquatic Program**

#### **Anastasia Athletic Club**

1045 Anastasia Boulevard

St Augustine, FL 32080

[www.anastasiafitness.com](http://www.anastasiafitness.com)

Phone to Register or Facility Information: 904-471-4300

Class Times: Starts Mid-March thru Nov

Class Fees: \$4.00 per class

### **Tai Chi for Arthritis Program**

#### **Anastasia Island Athletic Club**

1045 Anastasia Blvd

St Augustine, FL 32080

[www.anastasiafitness.com](http://www.anastasiafitness.com)

Phone to Register or Facility Information: 904-471-4300

Class Times: On-going

M/W 11:15AM

Class Fees: \$4.00 per class

### **Aquatic Program**

#### **Atlantic Beach & Tennis Club**

8 Ocean Trace Rd

St. Augustine, FL 32080

[www.ssandcowaterfitness.com](http://www.ssandcowaterfitness.com)

Phone to Register or Facility Information: 904-471-0909

Class Times: M/W 12 noon; T/TH 11:30am

Class Fees: \$53.00 per month

## **St John's County**

### **Aquatic Program**

#### **Sawgrass Marriott - Cabana Club**

619 Ponte Vedra Blvd.

Ponte Vedra Beach, FL 32082

Phone to Register or Facility Information: 904-674-4772

Class Times: On-going; Sat 9:30am

Class Fees: free for members

outdoor heated pool; members only

## **St John's County**

### **Aquatic Program**

#### **Winston Branch YMCA**

170 Landrum Ave

Ponte Vedra Beach, FL 32082

[www.firstcoastymca.org](http://www.firstcoastymca.org)

Phone to Register or Facility Information: 904-543-9622

Class Times: on-going; T/F 10am

Class Fees: Free to members

outdoor heated pool OPEN TO PUBLIC

## **Summerfield County**

### **Aquatic Program**

#### **Spruce Creek Golf & Country Club**

13601 Del Webb Blvd.

Summerfield, FL 34491

Phone to Register or Facility Information: 352-245-4955

Class Times: on-going; M, W, F 10am

Class Fees: free for members

outdoor heated pool; members only

## **Volusia County**

### **Aquatic Program**

#### **Aqua Park Center**

600 Eaton Rd

Edgewater, FL 32132

Phone to Register or Facility Information: 386-690-0615

Class Times: on-going; Tue & Thurs. 10:30 am

Class Fees: \$6.00 per class

### **Aquatic Program**

#### **Volusia Flager Family YMCA**

761 International Speedway Blvd

DeLand, FL 32724

[www.vfymca.org](http://www.vfymca.org)

Phone to Register or Facility Information: 386-736-6000

Class Times: On-going; T/TH 9 & 11 Sat 10:30am

Class Fees: Monthly Fees: T/TH - \$10 for Y Members,

\$25 for non YMembers; Sat - \$5 for Y Members,

\$10 for non Y Members;

outdoor heated pool; OPEN TO PUBLIC